

2021 KEY DATES

Term 4	
Monday 4th October	First Day of Term 4
Thursday 7th October	Year 7 Immunisation Program
Thursday 14th October	Years 7 to 11 Parent Teacher Conferences 4:30pm to 8:00pm
Monday 1st November	Professional Learning Day—Student Free Day (Rescheduled from 04/08/2021)
Tuesday 2nd November	Public Holiday

**We are finalists
in 3 categories...**

**Victorian
Education
Excellence
Awards**



Outstanding Koorie Education Award
Outstanding Education Support Team
Outstanding Business Manager

OFFICE HOURS - Telephone: 8768 1000

FINANCE OFFICE: Monday to Friday: 9:00am – 4:00pm

ADMINISTRATION OFFICE:

Monday to Friday: 8:15am – 4:00pm

Address: 65-69 Manuka Road, Berwick 3806

Email: berwick.sc@education.vic.gov.au

Web: www.berwickcollege.vic.edu.au

BERWICK COLLEGE NEWSLETTER

Berwick College notifies parents by email when newsletters are published. Newsletters are published three times per term. Newsletters can be accessed on the Berwick College website.

Please keep up-to-date with all College news by reading the newsletter, following us on Facebook www.facebook.com/berwick.college and Instagram [@berwick.college](https://www.instagram.com/berwick.college) and contacting the appropriate Home Group Teacher if you have any concerns.

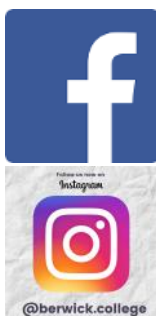


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Principal's Report

"we have all done our very best and have made it through Term 3"

Together with your children, our students, we have all done our very best and have made it through Term 3. Congratulations! We can proudly announce that we are finalists for the sixth year in a row in the **2021 Victorian Education Excellence Awards** for the following three categories: Outstanding Education Support Team Award, Outstanding Koorie Education Award and Outstanding Business Manager. The awards recognise and celebrate the achievements of staff who improve schools and support children and young people to develop the skills and learning outcomes to succeed in life. A wonderful achievement and recognition of the work our Learning Support Officers – led by **Mr Jim Alamaras**; our Koorie Education Team (*2017 Team pictured*) – led by **Mrs Michelle Lewis**; and our Business Manager **Mr Juan Hompart**, do for our school and for the wider Victorian government education system (*pictured left to right*).



Congratulations also to **Mr Gavin Watson**, **Mr Rafal Kaplon** and **Mr Ben Plant** who were nominated as an outstanding mentors by their Monash pre-service teachers. They will be recognised for their contribution in honour of World Teachers' Day early next term.

Mid-Semester reports are available on Compass, providing you a brief overview of your child's learning progress. We know remote and flexible learning has not always been easy, but through our collective efforts, our students have continued to make valuable learning progress. The year 7 to 11 parent teacher conferences have been rescheduled to early next term; Thursday, 14th October, and bookings are open. Please do not hesitate to contact your child's class teacher if you have any questions or concerns.

My thanks to the parents, students, and staff for their completion of several surveys that measured our growth this year in providing excellence in teaching and learning, professional leadership, a positive climate for learning and community engagement. We have also completed a rigorous school review process to prepare the 2022 – 2025 Strategic Plan. I am grateful for the expertise of the panel: Reviewer Mrs Trudy Thomsen, SEIL Ms Michaela Cole, Principal Mr Felix Patton, Education Consultant, retired principal Ms Sue Peddlesden, College Council President Mr Jarrod Flanigan and our Assistant Principals who spent a huge amount of time analysing data, reviewing school processes and celebrating the growth and success of the past four years.

Year 7 and 9 parents and students will receive their NAPLAN results in the mail. At the classroom level, achievement will be celebrated and, equally important, the results will be analysed by our class teachers to identify areas where more support may be needed to help individual students reach their full potential.

We are thinking of our year 12 students who will be participating in the TSSM revision program, completing practice exams, and finalising all learning outcomes. I am grateful to the Senior School team and in particular our year 12 coordinators, Mr D'Arcy Garton and Ms Miranda Snowball, who have been working hard to find ways to encourage and lift the spirits of our students in their final year of secondary school. Staff are continually looking at different approaches which help students adjust their thinking, behaviour and/or emotions in response to the interruptions to learning on site and rescheduling of assessments such as SACs and the GAT. My thanks to the City Life Epic Youth team for providing 200 'Letters of Hope' for our year 12 students. This kind gesture from the community was a huge encouragement.

Finally, I want you to know that teachers and ES staff understand the complexities of our current climate. We are ready for the wellbeing adjustments and re-establishing of social relationships for when our students are back on site. In fact, we are really excited about the prospect of having our kids back at school. If you have any concerns or questions please don't hesitate to email berwick.sc@education.vic.gov.au

As much as possible, enjoy the holidays, spend time with your families and stay away from the pressures of timetables and screen work. Take some time to relax. Thank you for all you have done this term together with us, you are amazing! **Ms Kerri Bolch—Principal**

College Council Report

On Tuesday, 17th August, Council members enjoyed a presentation on the School Wide Positive Behaviour Program, delivered by Ms Rebecca Hann and Ms Irena Arney. This program commenced in 2019 to enable students to achieve important social and learning outcomes through a greater emphasis on supporting a positive climate for learning. Council members appreciated and acknowledged the enormous amount of work that has been undertaken to achieve the current status of Bronze certification through the implementation of the ICARE values, reward program, updates in policies and handbooks and the updated chronicle system on Compass. Thank you to all staff who have collaborated in this area.

Council members also wanted to acknowledge the work of the Leadership team to complete course counselling for over 1,200 students, together with their parents. The feedback from parents on this process was very positive and ensures the effective planning for the varied pathways offered to students in 2022.

Over the past three weeks I have had the honour, as College Council president, and with a panel of experts and school staff, of being part of the rigorous school review process.

I would like to express my appreciation to the panel members: to the Principal, Kerri Bolch, the Assistant Principals, Mr Barker, Mrs Birkett, Mr Doble, Mrs Marinopoulos; and to the staff, students and parents who participated in the four-day review process. It was challenging to complete this process remotely but it was terrific to celebrate the strengths and achievements of the school's educational journey over the past four years.



Schools improve student learning through the purposeful focus on a small number of goals for improvement, committing together to a set of strategic actions, to deliver upon the goals. It was a privilege to review the hard work and processes in place over the previous four-year strategic plan to improve student outcomes.

I am confident, following the recommendations of the reviewer and the Department of Education, that the new Strategic Plan, 2022 to 2025, will improve student outcomes, improve student experience at school, bring growth and enhance student engagement.

It was also Council's pleasure to congratulate **Ms Kerri Bolch; Principal for 40 years of service to the Department of Education and Training** last week. The Department of Education and Training recognises and celebrates dedication, loyalty and longevity of service. Unfortunately, the award ceremony was not able to proceed but the College Council wanted to recognise Kerri's exceptional career milestone. A passionate advocate of learning and quality education for generations of young people, Kerri was thanked on behalf of the College Council, for her continued contribution to Victorian education and investment in today's youth. We recognise, value, and commend this service, hard work and sacrifice to our college and wider community, as a teacher in the English and Maths Domains, leader and principal for 10+ years.

Berwick College continues to thrive and enjoy a positive and successful reputation, with both current and former students making a difference to the Berwick community and across the world, due to your commitment to excellence in education throughout your career.

Mr Jarrod Flanigan

College Council President

R U OK? Day

R U OK? Day took place on Thursday, 9th of September. With the current situation of lockdowns and prolonged social isolation, staff and students at Berwick College recognised that it was important to raise awareness. The need to stay connected and have conversations that can help people get through difficult times in their lives was emphasised. The theme for this year was **'Are they really OK? Ask them today.'** The inclusion of the **really** emphasises the need to be honest and seek out help. There should never be any shame, embarrassment or ridicule associated with this.

The College took action in a number of different ways, including staff signing up to online Wellbeing and R U OK? Workshops, as well as running activities with their students in homegroup and classes. The main activity involved dressing up in yellow or bringing a yellow object to classes on Google Meet. It was so humbling to see how our students can think outside the box, quickly solving the problem of not owning any yellow clothes. They were able to substitute this with household foods such as lemons, bananas and even spaghetti. After this, students engaged in meaningful conversations with their teachers about where they can get help, relevant information and appropriate conversation starters. They applied this by making R U OK posters and by reaching out to a friend or family member by sending them a message that would make them smile.

Staff and students made an R U OK? Promise this year – they made a pledge to take action and make asking R U OK? a part of the everyday norm. We are so proud of our students for embodying the College ICARE values of **Cooperation, Resilience and Empathy** during this time of uncertainty. Whilst we have enhanced our capacity to stay connected digitally during the six lockdowns, we are excited for the prospect of returning to school and maintaining our connections in person very soon!

Special shoutout to Dee Mihalos, Maddie Collins and the Principal Class Team for helping make the day possible!

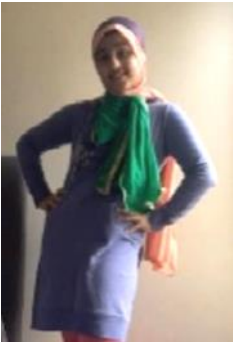
Mr Sam Connell, Humanities Teacher



Library News

Book Week with a difference! Book Week 2021 will go down as one to remember with a host of very inventive ideas brought to fruition by our wonderful staff at Berwick College. This year's theme was 'Old Worlds, New Worlds, Other Worlds' and the staff had planned for some fun steampunk and travel activities.

Both the Library and Library foyer were decorated with the Book Week theme and these displays will remain up for students and staff to enjoy upon their return on site. Though we had to postpone a few of our on-site activities, we went ahead with creating some unique ways for students and staff to get involved at



We had a fantastic Dress Up Day event which saw staff and students turning themselves into an array of characters for their remote lessons that day! Every student who dressed up has earned points for their learning team and deserves to be congratulated for making the most of the day! Our staff took on the competition too, and we were particularly impressed with the mysterious Darth Vader, sitting in Ms Bolch's principal chair? Could it be?

Congratulations to **Syeda (Afnan) Awal**in Yr 9 and **Ms Bolch** - our two Dress Up Day official winners who embraced the spirit and had a great take on these characters..... we have little prize packs waiting for you upon your return to school!

Well done everyone, we were blown away!



Library News Continued....

All students were invited to participate in a Book Week themed Kahoot quiz and a 'Staff – Old Worlds' quiz. We had 150 participants in the Kahoot and are happy to announce the overall winner was Tomo and the runner-up was Matt FL3 your prize packs await your return to school! The winner of the 'Staff - Old Worlds' quiz is yet to be confirmed. We will notify you as soon as the results are in!

Some of the activities we are looking forward to continuing when school returns on site are our Annual Book-in-a-Day Competition and our Class Passports activity.

We also encourage all students competing in our Minecraft World Design Competition and our Dungeons and Dragons Creative Writing Piece to use this extension to make some wonderful entries and give yourself something to connect with during remote learning.

If you'd still like to enter either of these competitions please email Ms Collins on madeleine.collins@education.vic.gov.au You still have plenty of time to join the competition and get some fantastic Minecraft Builds and writing pieces done in order to win some great prizes!

One thing we've been so happy to host and encourage during remote learning is our Weekly Borrowing Raffle! Every Friday, commencing in Book Week, we have been drawing out two lucky borrowers to win a prize pack!

Students who borrow from the Wheelers ePlatform during remote learning automatically go in the running to win one of these prizes! Our prizes have been generously donated by Booktopia and Lamont Books. We have so many fantastic books, candy and trinkets to give away, so be sure to log in to Wheelers ePlatform, and borrow for your chance to win!

Our raffle winners so far include:

- **Sean Cui Year 8**
- **Latysha Iotua Year 7**
- **Natasha Lay Year 9**
- **Cooper Nason Year 11**
- **Jed Davey Year 8**
- **Ava Jones Year 8**

Congratulations! Your prizes will be ready for you to collect upon our on-site return!

We can't wait to continue running some great book-themed engagement activities throughout remote learning and look forward to continuing the festivities on site when we return!



EVERYTHING IS POSSIBLE THE
IMPOSSIBLE JUST TAKES LONGER



South Eastern S.T.E.A.M Club

When we were at school our students worked on building the paper chains. The challenge came in where they had to try and create alternating shapes without using glue, or create the longest chain or creating differing chain shapes such as circles. Our STEAMsters rose to the challenge and produced some awesome designs.

Lockdown has not slowed down our STEAM Team! I'm very proud to say that our students have been busy working on a few different challenges. Some of our students created some art using different mediums including things you would find around and outside the house such as food and leaves. Some designed intricate shapes and animals based on the theme of the natural world. Other students focused on programming and coding using Scratch to create sprites and games using block code and java script. Some of our other STEAMsters were trying to work on their own challenges and came up with making things such as a bow and arrow and making their own gardens from cuttings!

Well done to all of our students for such resilience and motivation in remote learning. Hopefully we can get back to some of our awesome other projects soon!

Ms Irena Arney and Ms Steph Lewis—SESC Coordinators



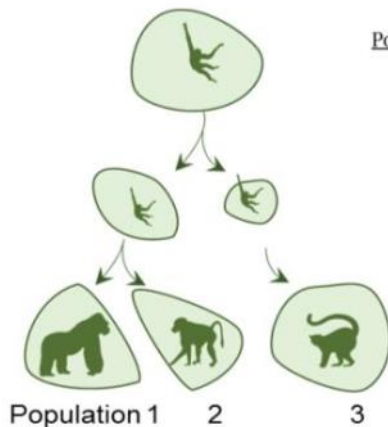
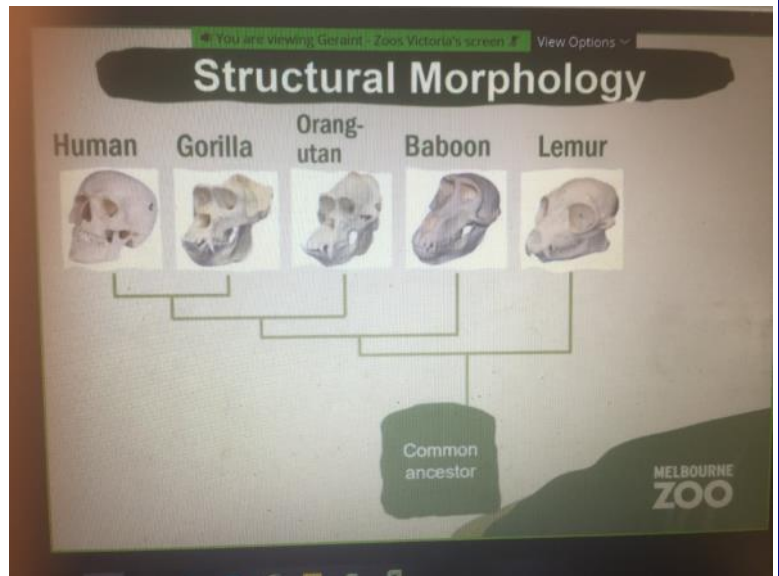
Year 12 Biology

On Wednesday, 8th September, students from our year 12 Biology classes had the opportunity to attend an online webinar regarding primate evolution. This covered:

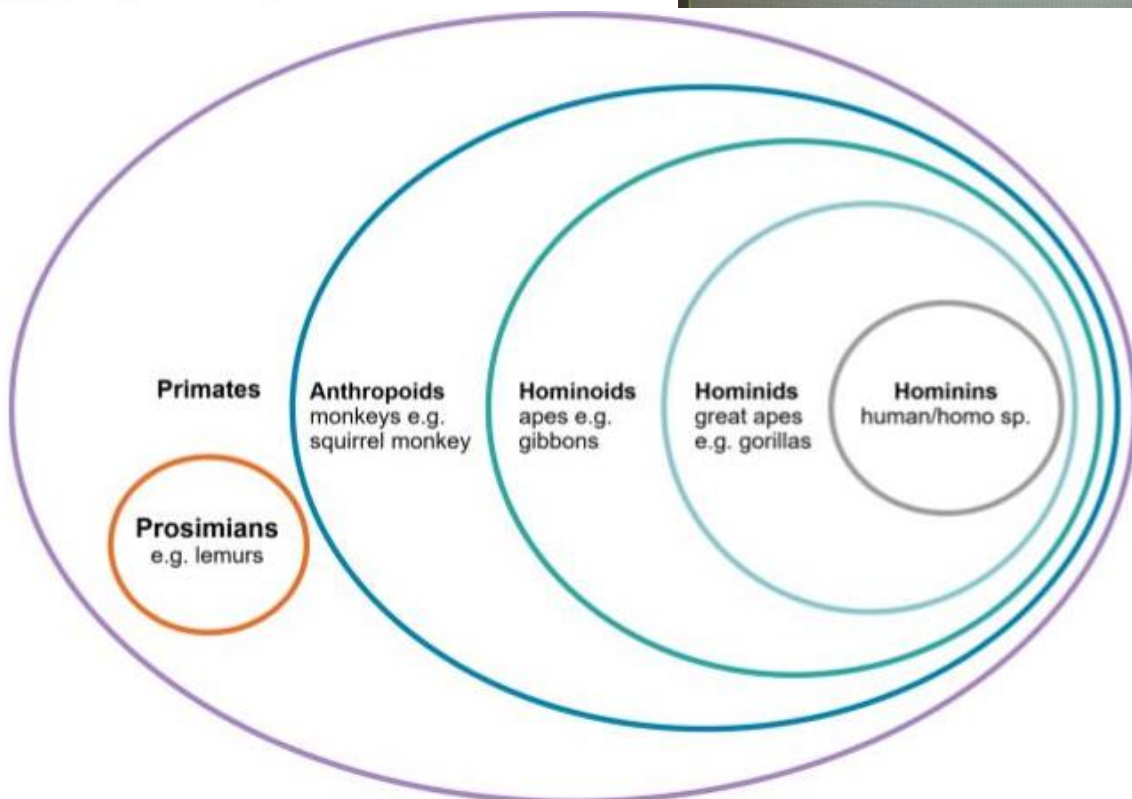
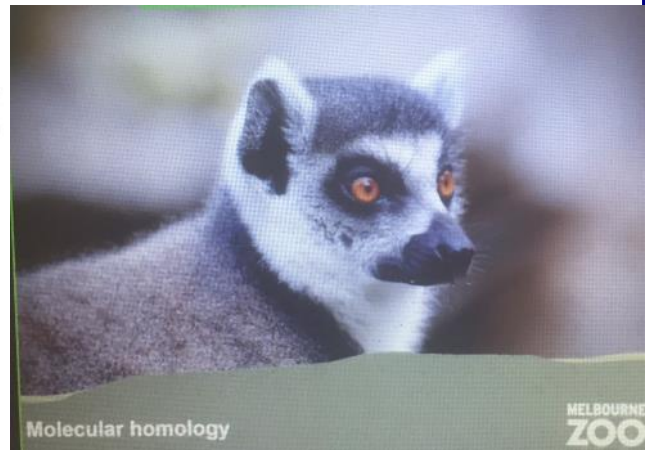
- The anatomical and behavioural characteristics of primates, hominoids and hominins
- The processes that underpin speciation of primates and humans
- Construction and use of phylogenetic trees to identify relatedness of species
- How to collect and analyse behavioural observation data

This provided a quick opportunity for revision with our exams coming up.

Thank you to all students who attended after school. **Ms Rebecca Hann**



Population	DNA Sequence alignment
1	ATGATGCCTAAA
2	TGATGCCTAAA
3	TGCTGCCTAAA



Flynn Phoenix Learning Team



We are proud of the way Flynn students have reflected the ICARE values of the school during this period of remote learning, particularly resilience. Despite the difficulties of being stuck at home and learning remotely, our students have stuck the course and are trying their best to engage with the teachers to maintain their learning.

In the last week of term, we held our first virtual assembly. We had half the home groups join the assembly on Monday and the other half on Tuesday. In this assembly, we discussed the importance of a growth mindset and a positive state of mind. These two things can help students be resilient and learn to manage things that are under their control. It focused on perspective and seeing the positives in things.



We also recognised students who have been nominated by their peers under our 'nominate a mate' initiative. Congratulations to the following students who were nominated by their peers:

- **Axel Martin**- Inquiry
- **Gemma Ellis**- Resilience and empathy
- **Gaby Gelderbloem**- Achievement
- **Matilda Mahon**- Co-operation/Achievement

The following students were nominated for offering to be part of the transition team for year 7 students in 2022.

- **Alexander Tomic, Sienna Andrews, Abi Kemp, Tahlia Hansen, Lillian Boswell**

Progress reports are available on Compass from Friday, 10th September. A reminder to families that parent teacher conferences have been postponed until Thursday, 14th October for students in years 7-11.

The Flynn Learning Team would also like to congratulate **Stefan Jarosz – Setiawan** and **Emma Guthrie** (along with other friends from outside the College) who decided to shave and colour their hair to raise money for the Leukemia Foundation. With generous donations from friends and family (including many students from the school), they have raised just under \$3000. It is fantastic efforts like these which make us so proud of the students in Flynn and the College. Well done to all who participated and donated!



If your child has done some remarkable things that we may not know about, we'd love to hear about it! You can email Vaughan Chaplin (vaughan.chaplin@education.vic.gov.au) to share the good news, as we'd love to recognise the efforts of students and share the positivity!

It has been a challenging term and we want to wish our students a nice break over the holidays, away from their screens, and hopefully we will all see each other in person for the start of Term 4.



IT'S HOLIDAYS!

Mr Vaughan Chaplin and Mr Adam Nettleingham

Dunlop Diggers Learning Team



With the continuation of lockdown and online learning, we just wanted to acknowledge some of our Dunlop students who have been going above and beyond with the amount of effort that they have been putting into their learning.

Year 7:

- Harry Du Bois
- Mitchell Harrigan
- Krystal Lee Strickland
- Teaghan Glassenbury
- Summer Kelly
- Cooper Finley
- Hayley Ward
- Hamish Mitchell
- Noah Riley
- Siena Howard

Year 8:

- Ramin Al-Jarah
- Madeline De Jager
- Miquella Jacobsen
- Hannah Robertson
- Macka Rees

Year 9:

- Charlotte Lines

Year 10:

- Kadin Langthaller

Year 11:

- Francesca Nigro

We appreciate all the hard work that Dunlop students are putting in across the board, and look forward to looking at their reports.

If you have any concerns, please contact us on:

Rebecca.hann@education.vic.gov.au

or jake.uhlenberg@education.vic.gov.au

Miss Hann and Mr Uhlenberg

Dunlop Student Learning Leaders

O'Donoghue Otellas Learning Team



Another unique and crazy term is finished! As always, our O'Donoghue students have done an amazing job given the circumstances of Remote Learning and lockdown.

Our students have missed out on a lot over the last two years but they have grown an immense amount of resilience and empathy. Mr Nugent, Ms Vilella and all our home group teachers are incredibly proud of our students.

Due to the current situation we have been unable to hold our annual 'Walk for Watarrka' during O'Donoghue Week. This is where we work towards raising money for the Watarrka Foundation who support indigenous children of the outback.

Berwick College has a special connection with the community, especially the school and the students. While we haven't been able to physically visit over the last two years, we still hold our relationship close to our hearts.

The community is currently developing a project to provide much needed accommodation to the local staff of the school. Without the help of the local staff the school would not be able to function on a daily basis, therefore it is imperative that we support the staff in every way that we can.

If you can spare any small amount, the community would be grateful, and more information can be found at the link below:

https://www.watarrkafoundation.org.au/projects/staff_accommodation

If you have any questions or concerns, please do not hesitate to contact one of us or your child's home group teacher.

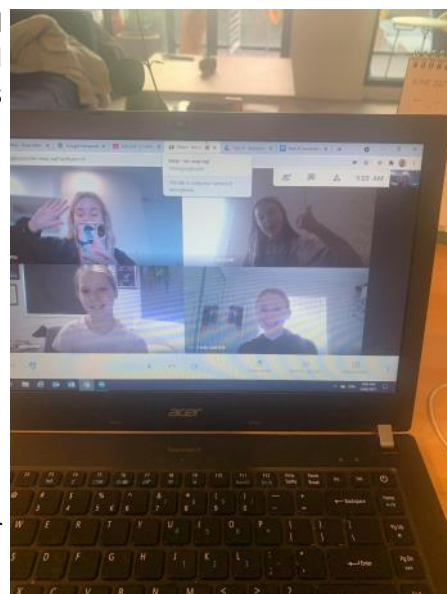
We hope to see everyone back onsite at some stage next term! Have a safe and relaxing holiday!

Mr Jesse Nugent O'Donoghue Student Learning Leader

jesse.nugent@education.vic.gov.au 8768 1052

Ms Bree Vilella O'Donoghue Assistant Student Learning Leader

bree.vilella@education.vic.gov.au 8768 1098





During Lockdown 6.0, the Hollows HAP Students have been studying Ancient Egypt. Check out the work they have completed during the remote learning period.

Rachael Lu, year 7 HAP Hollows

During Humanities class in remote learning, my class had undertaken an experiment, 'mummifying' apples. This task was part of our Ancient Egypt unit. Ancient Egyptians used to cover the dead body of a highly ranked individual, especially the pharaoh, with natron (a mineral salt) for forty days to dry out. This would preserve the body for the soul to live in.

We had done a similar process with the apples. Foremost, we had to peel the skin, then carve a face, and place it in a container that contains a mixture of baking soda and salt. We left the apple to mummify for seven days. The result was a dried-up apple that was not mouldy. This happened because natron is a desiccant. Desiccants are drying agents which absorb moisture.

Overall, this experiment was very interesting and entertaining because it was a hands-on activity that we don't get to do very often during classes. We learnt many facts, including how the ancient Egyptians mummified and preserved dead bodies, and how an apple covered in a mixture of baking soda and salt can result in a similar outcome.

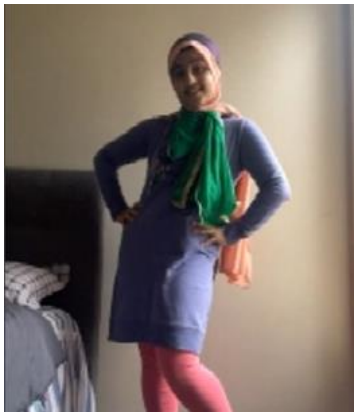
Nabila Khan, year 7 HAP Hollows

As part of our new unit of ancient Egypt we have come to learn about mummies. The way Ancient Egyptians are able to preserve bodies, and how this practice played a sacred role to the dead. Mr Sacco had assembled a fun activity where students were able to create their own mummified fruit, with ingredients around the house. Allowing them to have a visual understanding of what happens when a body is mummified, some students had to think creatively as they didn't have the exact ingredients, encouraging them to explore different alternatives that can be used. I find this activity really fun and intriguing.

Because the outcome is a mystery, making me want to find out more.



BOOK WEEK - Here are some photos of the Hollows students dressing up for Book Week. It is great to see the involvement and creativity.



HOLLOWS HAWKS NEWS



HAP GLOBAL CITIZEN CHALLENGE

Recently, the Hollows year 7 HAP class competed in a Global Citizen Challenge alongside the Monash year 7 HAP class. Our students created impressive and professional presentations that addressed key issues within our society and offered practical solutions. Multiple teams won awards for their practicality, creativity and professionalism. We congratulate the Hollows HAP students and thank them for their wonderful enthusiasm and teamwork!



Wishing all our Hollows students and families a safe September school break. Hoping that we will be back onsite in some capacity in Term 4.

Ms Deana Mihalos & Ms Marnie Platt—Hollows Student Learning Leaders—8768 1094

School Wide Positive Behaviour ICARE Reward Program

As of 14/9, the following students are currently in the lead with the most green chronicles:

Year 7: Punara Alwis Samarakoon with 25

Year 8: Filip Kuljanin with 25

Year 9: Stefan Kuljanin with 19

Year 10: Chloe Dawson with 22

Year 11: Chloe Bayliss with 23

Year 12: Tiarna Christie with 26

The numbers are quite close at the moment, so we encourage everyone to ensure they are demonstrating the ICARE values. The student from each year level in the lead at the end of the year will receive a reward for demonstrating the ICARE values throughout the year.

Ms Rebecca Hann & Ms Irena Arney—SWPB Coordinators



At Berwick College ICARE about being cooperative, empathetic, and resilient to inquire and achieve my best.

Mighty Monash



Congratulations on another successful term Monash! As we end another term and enter into a break from our screens we commend our Monash students on their perseverance and resilience. While we miss being altogether and learning at school we are proud of your effort and communication to stay connected and keep progressing in your schooling.

We've once again had many students recognised with green chronicles for their demonstration of the school values of inquiry, cooperation, achievement, resilience, and empathy.

Well done to the following students who've received five or more green chronicles this term. Excellent effort!

- **Monash 1:** James Belli, Rachele Osborne, Lachlan Papas, Aylah Platt, Elijah Roewer, Ebony Walters, Jack Waring
- **Monash 2:** Austin Borutta, Elijah Dodman, Dahamsa Molligoda, Disara Pathirana, Ryan Stewart, Karreena Thivakaran
- **Monash 3:** Sebastian Brooke, Charlie Johnson, Stefan Kuljanin
- **Monash 4:** Summer Achilles, Keira Hei-Reedy, Maisie Lindsay, Paige Williams
- **Monash 5:** Cameron Ford, Zara
- **Monash 6:** Ellie Christodoulou, Keeley Dempster, Noah Fitzpatrick, Amber Henderson, Filip Kuljanin, Emily Lewis, Dermott McKee, Zane Rooke
- **Monash 7:** Sanduni Amarathunge, Chloe Bayliss, Paige Brooks-Macmillan

In Home Groups this term our students have participated in different activities with their teachers, but we've also had some Monash competitions including an Olympic Predictions competition (won by **Poppy Wardrop-Brown** and **Mr Pentland**), a trivia morning (well done **Ally Mitchell** and **Monash 1**) and a bake off (congratulations **Stefan Kuljanin**, **Sanduni Amarathunge** and **Poppy Wardrop-Brown**).



Another highlight this term has been our Year 7 Monash students participating in a Global Citizenship Challenge with the other High Achievers' class from Hollows. One of our students has shared her experience below:

HAP CHALLENGE BY ZARA (MONASH 6)

On Thursday the 26th of August, Year 7 HAP's participated in a HAP activity day. Everybody was put into groups of 5 or 6 and we had to choose from one of the 4 topics: Health, Diversity, Education or Environment. After that, we had the task of figuring out how to help solve the problems and answered a few questions to help with the problem solving. Each team was told to make a presentation including what their problem was, how we planned on helping reduce it, and any other information we wanted to include. During period 5, we all presented our presentations to the rest of the 2 classes and the teachers that were in the google meet. Once we had all shown our presentations, we had to vote on who gave the most professional presentation, who had the most creative/unique presentation and a couple other awards.

One of the most challenging things we had to do was making sure everyone was included and agreed on what people in the team said, especially when some people didn't like others' ideas. Thankfully, everyone was able to compromise and come up with ideas that everyone loved.

There were some great presentations that gave heaps of information about global warming, gender equality and how lockdown is affecting loads of kids around the world, because most people are stuck doing school and work from home. It was quite interesting to find out that most kids' school ethic dropped, due to lockdown. Heaps of light was shed on the fact that no matter what we do, Australia isn't going to reach our goal of having no greenhouse emissions by 2050, with the way we're going. A point was made that if we wanted to reach this goal, we should've started doing this a couple decades ago.



Mighty Monash Continued...



Finally, we know remote learning and lockdown presents many challenges for students and families and we want to remind you that we are here to support you. Our Home Group teachers as well as the Monash Leaders are available to problem-solve and help our students engage and achieve and our Wellbeing team are here to support all of our students cope through these difficult times. We are keen to connect with you to get the best out of our students.

Enjoy the break! Mr Paul Roberts & Mrs Rebekah Hirst - Monash Student Learning Leaders



Remote Learning Artworks



Mental Health Wellbeing

It can be challenging to process and manage changes to routines and the uncertainty that comes with COVID-19 and related restrictions – including moving to remote learning. To support our school community during this time, resources and support are available for parents, carers and families. These resources will help to support the mental health and wellbeing of our students and the young people in our care during this time.

Berwick College has an amazing Wellbeing Team including a Mental Health Practitioner and College Chaplain available for our school community to access on 8768 1023.

I encourage everyone in our community to access these resources and take care of themselves during this time.

Ms Meaghan Whitfort

Mental Health Practitioner | Berwick College

Phone: (03) 8768 1023 Email: Meaghan.Whitfort@education.vic.gov.au

SERVICES AND SUPPORT FOR STUDENTS AND THEIR FAMILIES

A [Quick Guide to Student Mental Health and Wellbeing resources](#) is available for students, parents and carers looking to access expert guidance and resources to support wellbeing.

Supporting the mental health and wellbeing of our students remains our priority this year, especially during the continued COVID-19 pandemic and while students are learning from home during the current circuit breaker restrictions.

For students, the guide includes resources to support their own mental health and wellbeing.

- [Advice and resources for students](#) about ways to adapt their learning during COVID-19, to look after themselves and where to get help.
- [Wellbeing activities featuring AFL and AFLW players](#) with tips on managing stress, staying active and gratitude.
- [Smiling Mind mindfulness activities](#) for senior secondary school students, including short videos, online tip sheets and meditations.

The guide also includes resources and supports for **parents and carers** to help them build their child's physical and mental health and wellbeing. This includes:

- [resources to support children's physical, mental health and wellbeing](#)
- wellbeing activities and conversation starters for parents of [parents of primary school-aged children](#) and [parents of secondary school-aged children](#)
- [Raising Learners podcast](#) series
- how to [talk to your child](#) about COVID-19
- headspace is running [webinars](#) for parents and carers about offering support when they are concerned about a young person's mental health.

Wellbeing guidance for parents and carers is also available:

- [on the Department's website](#)
- headspace has created a video providing
- [tips to support parents and carers during lockdown](#)
- through the confidential parent support hotline, Parentline, available 8am to midnight, seven days a week, Phone: 13 22 89.



accessing mental health support services: parent / carer webinar

headspace National in conjunction with headspace Dandenong, Narre Warren, Hastings and Pakenham are presenting a webinar for parents and carers of young people to investigate mental health support services.

Information presented will cover:

- Strengthening your understanding of mental health and wellbeing.
- The conversational approach to mental health and well-being.
- Practical strategies and resources to support mental health.
- Building an awareness of local, state, and national support services available to young people.

All those who register will receive a digital information pack, after the webinar, that includes key messages as well as links to resources & support services.

When: Monday 27th September at 7:00pm

Where: online via zoom

How do I register?
Click [here](#) to register via Eventbrite, or copy the following URL into your web browser:
<https://www.eventbrite.com.au/e/accessing-mental-health-support-services-parent-carer-webinar-dandenong-registration-168573384325>

After you have registered, you will receive an email confirmation from Eventbrite which will include the Zoom meeting link to access the webinar. *Please note this webinar will not be recorded.*

Contact
For more information email: programsupport@headspace.org.au



connecting & communicating with your young person: parent / carer webinar

headspace National in conjunction with headspace Dandenong, Hastings, Narre Warren and Pakenham are presenting a webinar for parents and carers of young people.

Information presented will cover:

- Understanding your young person, and recognising mental health difficulties.
- Managing the challenges of parenting young people today.
- Having better conversations with your young person.
- Connecting your young person with the right help and support.

The webinar will consist of a presentation on mental health, with a focus on noticing mental health difficulties in young people and supporting them to open up and communicate with you about their challenges, in order to seek help if needed.

When: Monday 20th September at 7:00pm
Where: online via zoom

How do I register?
Click [here](#) to register via Eventbrite, or copy the following URL into your web browser:
<https://www.eventbrite.com.au/e/connecting-communicating-with-your-young-person-webinar-dandenong-registration-168372949023>

After you have registered, you will receive an email confirmation from Eventbrite which will include the Zoom meeting link to access the webinar. *Please note this webinar will not be recorded.*

All those who register will receive a digital information pack, after the webinar, that includes key messages as well as links to resources & support services.
Contact
For more information email: programsupport@headspace.org.au



A: Level 1, 7 Ormond Boulevard Rd, Bundoora
T: (03) 9008 1616
F: (03) 85826764
E: reception@isnclinic.net



Dear Parents/Guardians,

At Berwick College we are partnering with 'ISN Psychology Clinic' to provide professional and timely psychological services for our students. This service will be provided with no out-of-pocket expenses through provisional Psychologists*. We understand that there can be barriers to accessing beneficial support for you child and an on-campus service may be the most appropriate and effective option for you. School-based services can increase collaboration between parents, school staff and ensure the benefits of a young person's work with these supports extends to their school experience. (Please note that during COVID-19 restrictions these services will be provided via telehealth sessions)

ISN Psychology will provide treatment and interventions for a wide range of psychological difficulties including:

- Anxiety
- Depression
- Stress
- Child and adolescent issues
- Trauma
- School support
- Grief and Loss
- Learning difficulties
- Cognitive testing
- Body image and eating disorders

To access this service for your child, simply contact the ISN Clinic:

Telephone (03) 9008 1616 or email reception@isnclinic.net

ISN clinic will then aim to contact you within the following 48 hours and will proceed with your referral thorough an assessment by their team of provisional psychologists. **ISN Clinic is able to accept referrals now.**

If you have any further enquires relating to this service, please phone (03) 8768 1023.

Kind regards,

Berwick College Wellbeing Team

*Provisional Psychologists are qualified, knowledgeable and skilled. They are in their final stages of study before transitioning to being a registered Psychologist. If you wish for your child to be provided support from a registered Psychologist you will need to make an appointment with your child's General Practitioner (GP) to get a Mental Health Care Plan. This service will incur a cost.

Page 1 of 1

Manuka Road, Berwick | Telephone: 03 8768 1000 | Email: berwick.sc@edumail.vic.gov.au | ABN 16 601 781 135





ISN CLINIC IS A TRAINING CLINIC FOR PROVISIONAL PSYCHOLOGISTS.

Our provisional psychologists offer professional and timely psychological services to children, adolescents, adults and older adults. Our provisional psychologists create a unique experience in which they triage, assess and offer treatment based work with clients who have mild to moderate symptoms.

Provisional psychologists are completing their Masters degree and offer clients best practice, evidenced based treatment. Provisional psychologists are up-to-date with current research models, techniques and strategies in the field of psychology.

The clinic operates 5 days a week during business hours.

We offer face to face or Telehealth sessions.

ISN Clinic has no session restriction and can offer long term treatment plans.

ISN CLINIC

In addition to our provisional psychologist service we have clinical and general psychologists who can offer a range of professional services such as supportive counselling, psychological testing of adults and children and professional supervision. Clients can also participate in research opportunities for children and adolescents. This usually includes assessment and treatment plans for participants.

Our clinic also offers a range of testing suites to assess cognitive and educational assessments, functional/impairment assessments and personality assessment. We have a diverse range of students, some who can also speak a second language.

Our clinic is not a crisis service.

OUR SERVICES

- ◆ ANXIETY
- ◆ STRESS
- ◆ SHORT TERM TREATMENT
- ◆ COGNITIVE & EDUCATIONAL ASSESSMENTS
- ◆ TELEHEALTH CONSULTATIONS AVAILABLE
- ◆ TRAUMA RELATED DIFFICULTIES
- ◆ PSYCHOLOGICAL TESTING
- ◆ COGNITIVE BEHAVIOUR THERAPY
- ◆ LEARNING DIFFICULTIES
- ◆ EMOTION DYSREGULATION
- ◆ SOMATIC PROBLEMS
- ◆ BEHAVIOURAL DIFFICULTIES
- ◆ RELATIONSHIP DIFFICULTIES
- ◆ CASE MANAGEMENT
- ◆ SCHOOL SUPPORT
- ◆ GRIEF AND LOSS
- ◆ DEPRESSION
- ◆ SPORT PSYCHOLOGY CLINIC
- ◆ PARENT TRAINING



OUR FEES

Our counselling and treatment services are free of charge if you have a referral from your GP, specialist or other service.

Without a referral, we charge \$30 for each treatment session.

Our services are not covered by Medicare, Workcover or TAC

Fees for psychological assessments with formal testing, feedback and report are \$330

Cancellation fees do apply for less than 48 hours notice.

CONTACT US

ISN Clinic

Suite 103, 1st Floor, 7 Ormond Blvd
Bundoora VIC 3021

Phone: 03 9008 1616

Fax: 03 8582 6764

E-mail: reception@isnclinic.net

Website: www.isnclinic.net

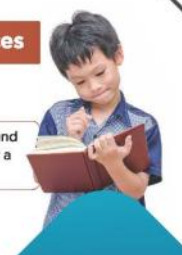
Opening Days: Monday to Friday

Operating Hours: 9am to 5pm

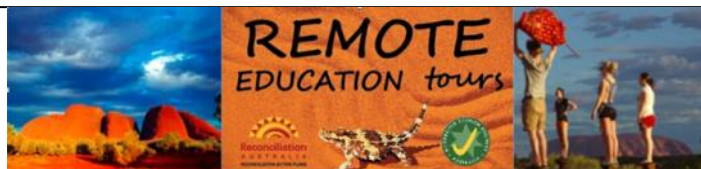


Psychological Services

ISN Clinic provides effective low and no cost psychological services for a wide range of issues



Central Australia Tour 2022



As part of the enrichment of student opportunities at Berwick College we are pleased to invite students in years 7 to 11 to participate in a Community Service and Leadership Project; part of which is a seven-day camp to Central Australia.

The project is a wonderful and valuable opportunity for students of all year levels, 7 through 11, to learn important leadership skills, public speaking and project management, as they fundraise for the camp.

Students will visit the Earth Sanctuary in Alice Springs, learning about a sustainable future and will spend time on several community projects in the Lilla Aboriginal Community. The students will also go to an Aboriginal school and help students with various activities. The trip culminates in a visit to Uluru, learning about Anangu culture.

The camp will run from **Friday, 3rd June to Friday, 10th June, 2022** and will cost approximately \$2,500 including airfares, food and accommodation. NO other spending money will be required.

Please note this camp is limited to only 25 participants due to the unique nature of the program. This is determined by payment of deposit.

A Webex meeting for interested parents and students will be held on Wednesday, 6th October.

Please join at 5:30 pm via <https://eduvic.webex.com/eduvic/j.php?MTID=m1955d4b75af645b4a6aabdf56738efa9>

At this time, we will explain purpose, itinerary and costs including the payment required to secure your child's place.

For any further information please contact me via email: michelle.lewis@education.vic.gov.au Further updates and information will be provided via the Compass platform.

I look forward to meeting with you then.

Mrs Michelle Lewis - Junior School Leader



Community News—City of Casey Programs

City of Casey

Teenage School Holiday Program

Spring 2021



Week One

Bookings close Friday 17 September 2021

MONDAY 20 SEPTEMBER

Mindful Monday

Time: 1:00 - 2:00 pm
Cost: FREE - booking required
www.casey.vic.gov.au/holidays

TUESDAY 21 SEPTEMBER

Pizza Making - online tutorial

Join us here - www.facebook.com/caseyyouthservices
FREE - No booking required
Available all week

WEDNESDAY 22 SEPTEMBER

Pilates

Time: 11:00 - 12:00 pm
Cost: FREE - booking required
www.casey.vic.gov.au/holidays

THURSDAY 23 SEPTEMBER

Gamers Challenge

Time: 2:00 - 3:00 pm
Cost: FREE - booking required
www.casey.vic.gov.au/holidays

FRIDAY 24 SEPTEMBER

No activity due to public holiday

Week Two

Bookings close Friday 24 September 2021

MONDAY 27 SEPTEMBER

Bath Bomb Making - online tutorial

Join us here - www.facebook.com/caseyyouthservices
FREE - No booking required
Available all week

TUESDAY 28 SEPTEMBER

Wildlife Exposure

Time: 2:00 - 3:00 pm
Cost: FREE - booking required
www.casey.vic.gov.au/holidays

WEDNESDAY 29 SEPTEMBER

Art Attack

Time: 11:00 - 12:30 pm
Cost: FREE - booking required
www.casey.vic.gov.au/holidays

THURSDAY 30 SEPTEMBER

Sth East Phoenix Q&A

Time: 1:00 - 2:00 pm
Cost: FREE - booking required
www.casey.vic.gov.au/holidays

THURSDAY 30 SEPTEMBER

Minute to Win It!

Time: 3:30 - 4:30 pm
Cost: FREE - booking required
www.casey.vic.gov.au/holidays

FRIDAY 1 OCTOBER

YIC - LYMPICS

Time: 2:00 - 3:30 pm
Cost: FREE - booking required
www.casey.vic.gov.au/holidays

Bookings are essential and can be completed at casey.vic.gov.au/holidays

Contact the City of Casey

Web: casey.vic.gov.au/youth
Phone: 9705 5200
NRS: 133 677 (National Relay Service)
TIS: 131 450 (Translating and Interpreter Services)

caseyyouth caseyyouth @caseyyouthservices

Contact event organiser

Veronica Stanley
Email: vstanley@casey.vic.gov.au
Phone: 9705 5200
Mobile: 0418 327 136

City of Casey Youth Services



**YOUTH
SERVICES**

City of Casey is following the Victorian Governments advice on managing and responding to COVID-19. Please see program terms and conditions for safe practices.

